

# Weekly Handout – Week 4

## SKILL OF THE WEEK

### Defensive skills – Tackling and Spoiling

#### Tackling

There are 3 types of tackles commonly used in AFL

- Front on tackle
- Side on tackle
- Tackle from behind (drop tackle)

#### Front on tackle

- Used a lot around contests to wrap ball up and create stoppages
- Focus on the waist and hips of opposition player
- Wrap arms around oppositions arms to pin the ball
- When player is over the ball be careful with this tackle so as not to make contact with the head or shoulders

#### Side on tackle

- Wrap oppositions players arms up
- Twist player as you make contact with them
- Hold player up or drive to the ground

#### Drop tackle

- Huge momentum changer of a tackle
- Approaching player from behind, wrap arms around their arms to stop their ability to dispose of the ball
- Pull down with your body weight to bring player down
- Twist opposition player as you bring them to ground
- IMPORTANT – do not put hands in the back, or drive through the players back (that is a Free Kick against you)

With all tackles no contact below the knees or above the shoulders (that is even just a hand on the shoulder).

## **Pairs**

### Knee tackling

- Players in pairs
- Both players on their knees
- One player has ball in hand and other the tackler
- Practice tackling front on, side on and from behind

### Full tackling

- Extend the above drill to standing up and running
- Player with ball can start to try and evade
- Players go at 70-80% effort
- Practice tackling front on, side on and from behind

## **Spoiling**

A spoil is a defensive tool to ensure your opposition do not take a mark. Remember these tips:

- Approach the player from the side
- Always know where your opposition player is
- Always keep your eye on the ball
- Punch through the ball (is not a haymaker)
- Do NOT put your hands in the opposition players back

## **Pairs**

Have a partner kick the ball to you from a distance and work on getting in line with the ball and punching it away. Ensure you make good contact with the fist

### *Extension*

Add targets for you to spoil the ball towards.

## Small groups

Have one player kick the ball into you and another player who is trying to mark the ball. Spoil it away

### *Extension*

Work at 90/100% and have the opposition make leads so you have to spoil at pace. Have the opposition player body you up so you have to manipulate body position as well.

Link:

<https://www.youtube.com/watch?v=T7c1ZGiFeQ&list=PL463951B5709BCEB7>

## **RULE OF THE WEEK**

### **“OUT OF BOUNDS”**

#### ***What is “Out of Bounds”***

To be considered out of bounds the ball must be completely over the boundary line. If any portion of the ball is on or above the line then it shall be deemed in play.

#### ***Disposing of the ball from Out of Bounds***

If disposing of the ball from out of bounds a Player who is awarded a Free Kick or a Mark may bring the football into play from beyond the Boundary Line provided that the Player moves in one direction whilst in the act of Kicking, Handballing or moving to cross the Boundary Line.

#### ***Kicking in from behind the boundary line***

If the player If a Player taking their Kick from outside the Boundary Line fails to bring the football into play or attempts to play on outside the boundary line (moves off the mark outside the boundary line or then the football will be deemed out of bounds and a boundary throw in will be called.

#### ***Standing the Mark Adjacent to Behind Post***

Where a Player is given or takes possession of the football beyond the Boundary Line within 2 metres of the behind post, the Player standing the mark must be positioned 5 metres away from the Boundary Line.

#### ***Out of Bounds from a Kick-in after a behind***

If the football travels out of bounds (either on the full or along the ground) after a kick-in from a behind and is not touched by any player then the other team shall receive a Free Kick from the point at which the ball travelled out of bounds.

If the football is touched before it travels out of bounds then it shall be a boundary throw-in.

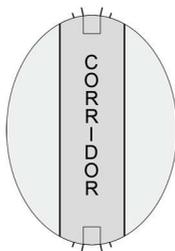
## AFL TERMINOLOGY

### Zones on the field

You may hear your coaches talk about different parts of the field with weird terms like corridor, fat side, danger zone so below we have explained what they mean.

Remember – if your coaches use a term you haven't heard before – make sure you ask them what they mean!!

**Corridor:** The area of the ground running from end to end approximately the width of the centre square. It is the area within which most of the play occurs. It is of strategic advantage whether defending or attacking. If able to attack through the corridor you can enter the forward line in front of the goals making it easier to convert scoring opportunities. If you can defend wide of the corridor it can make it tougher for opposition to get high percentage scoring opportunities.

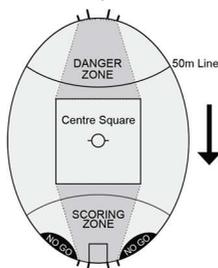


**Scoring Zone:** (includes Hot Spot) The Scoring Zone is the area of the forward zone where most goals are kicked. Creating scoring opportunities in this area lead to a higher percentage of goals than those created in the “no-go” areas which are wider than the behind posts in the “pockets” inside the 50m arc.

**Danger Zone:** The Danger Zone is the opposite to the Scoring Zone mentioned above on the defensive end of the ground. You want to reduce the number of times the opposition get the ball inside this area and push them into the pockets where the percentage of scoring opportunities converted is reduced.

**Centre square:** a fifty metre square drawn around the centre of the ground. Only four players from each team may stand inside the centre square prior to a centre bounce, but the square otherwise has no significance.

**Fifty metre line:** an arc drawn at each end of the ground indicating that the distance from the goal line is fifty metres.



**Skinny/Thin side:** The side of the ground between the ball and the closer boundary line.

**Fat side:** The side of the ground between the ball and the further boundary line.

